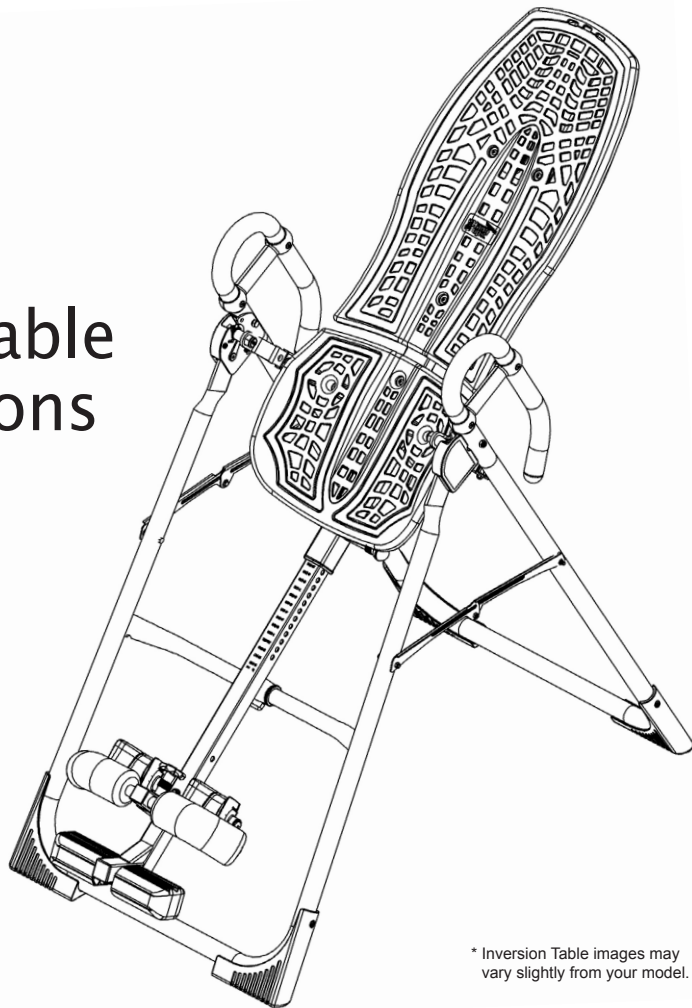




700ia™ Inversion Table Assembly Instructions



* Inversion Table images may vary slightly from your model.

BEFORE YOU BEGIN: Review all steps before beginning assembly and read all precautions before using the inversion table. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

WARNING

WARNING - To reduce the risk of injury to persons:

- Read and understand all the instructions, view the instructional video, review all other accompanying documents, and inspect the equipment before using the inversion table. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment, or equipment failure. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
- Use the inversion table only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use or store product outdoors.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow children to use this machine.
- Keep children, bystanders, and pets away from machine while in use.
- Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- The inversion table has no user serviceable parts.
- This product is intended for indoor home use only. **DO NOT** use in any commercial, rental or institutional setting.

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN: Review all steps before beginning assembly and read all precautions before using the inversion table. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

WARNING

- **DO NOT** use the equipment without a licensed physician's approval and a review of the medical contraindications, as noted in the Owner's Manual.
- Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
- Choose a level surface for assembling and operating the table.
- Follow each step in sequence. **DO NOT** skip ahead.
- Make sure that all fasteners are secure.
- **ALWAYS** test and inspect the table. Make sure the table rotates smoothly to inverted position and back.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

SAVE THESE INSTRUCTIONS

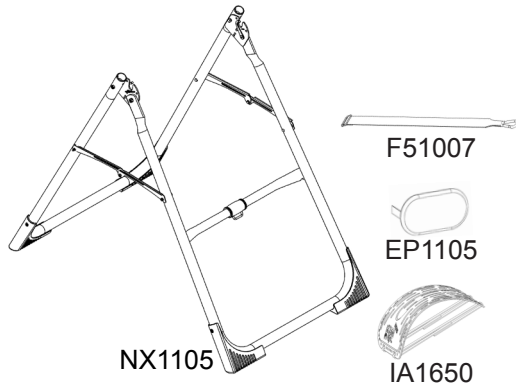
ITEMS FOR ASSEMBLY *(Page 1 of 2)*

ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER
Base Assembly		Handle Assembly	
A-Frame <i>with pre-assembled Stability Feet</i>	NX1105	Traction Support™ Handles (2)	IA1670
Angle Tether	F51007	Bolts (2)	F51085
Head Pillow	EP1105	Nuts (2)	H13009
Decompression Arch™	IA1650		
FitFlex™ Table Bed		Hinge Cover Assembly	
Upper Portion <i>with pre-assembled Bed Frame Extension</i>	IA1310A	Hinge Covers (2)	F11250
Lower Portion <i>with pre-assembled Bed Frame</i>	F11300B	Allen Head Screws (4)	F50075
Bolts (2 short, 1 long) & Nuts (3)	F11390		
Main Shaft <i>with Ankle Lock System</i>	IA1600	3-Hole Roller Hinges (2)	F51064
Front Ankle Bar Assembly		TOOLS PROVIDED FOR ASSEMBLY	ITEM NUMBER
Front Ankle Bar <i>with pre-assembled Foam Rollers</i>	F51045	5mm Allen Wrench Screwdriver	IA1149
Bolt	F51089	10/13mm Wrenches (2)	F51088
Nut	H13009	<i>Packaged with the Roller Hinges</i>	
End Cap	F51048		

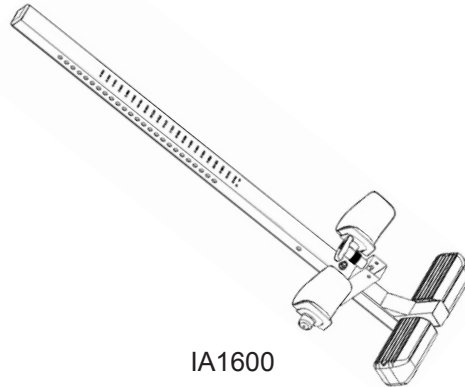
ITEMS FOR ASSEMBLY (Page 2 of 2)

Items not shown to scale.

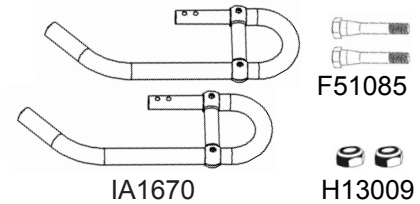
Base Assembly



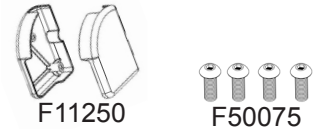
Main Shaft with Ankle Lock System



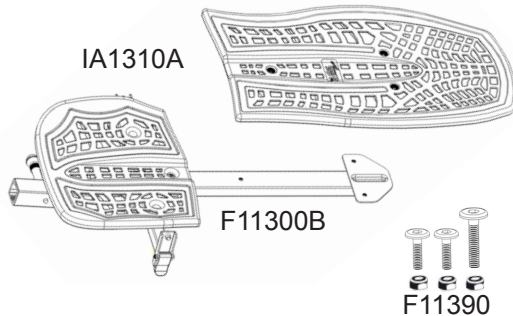
Handle Assembly



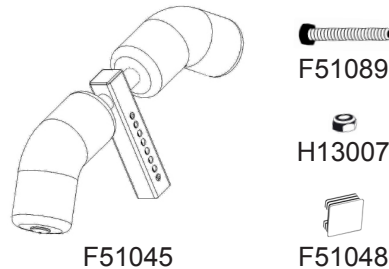
Hinge Cover Assembly



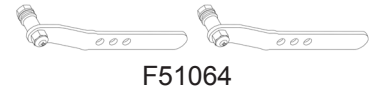
FitFlex™ Table Bed Assembly



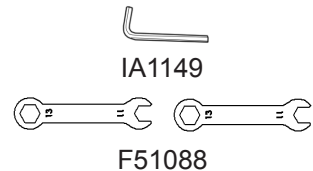
Front Ankle Bar Assembly



3-Hole Roller Hinges



Tools for Assembly

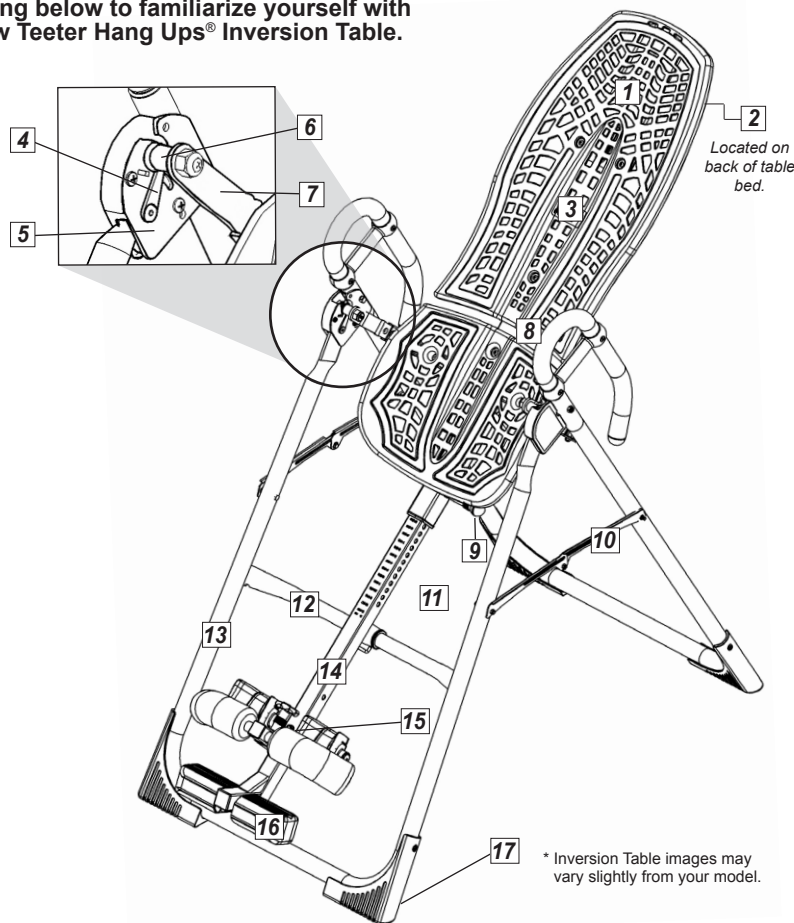


UNDERSTANDING YOUR INVERSION TABLE

Before reading further, study the drawing below to familiarize yourself with the important components of your new Teeter Hang Ups® Inversion Table.

Identifying Parts and Components

1	Head Pillow	10	Spreader Arms
2	Bed Frame Extension	11	Angle Tether
3	FitFlex™ Table Bed	12	Crossbar
4	Self-Locking Hooks	13	A-Frame
5	Hinge Plates	14	Main Shaft
6	Pivot Pins	15	Ankle Lock System
7	3-Hole Roller Hinges	16	Ankle Comfort Dial™
8	Handles	17	Stability Feet
9	Height-Selector Locking Pin		



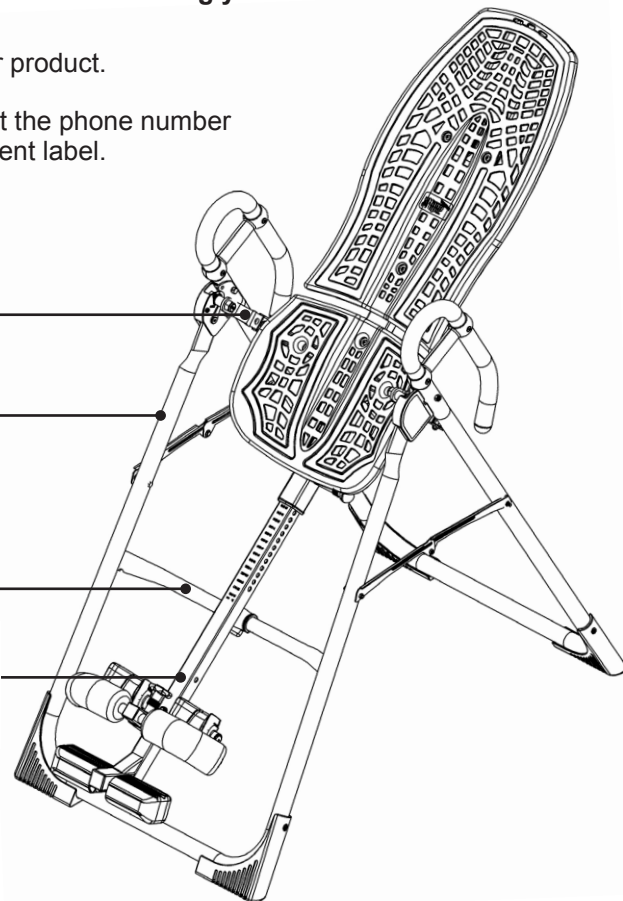
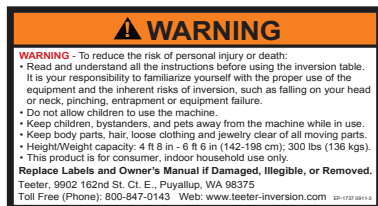
WARNING LABEL PLACEMENT DIAGRAM

Important: Please review all labels and supporting materials before using your inversion table.

This drawing indicates the locations of the warning labels found on your product.

If a label is missing, illegible or is removed, contact Customer Service at the phone number or website found on the last page to request a complimentary replacement label.

Note: Image and labels below not shown at actual size.



BEFORE BEGINNING ASSEMBLY

Unpack and Prepare Your Workspace

- If possible, set up the product at or near the space in which you intend to use it to avoid moving it later.
- Unpack all parts and support materials. Set aside packing materials and clear your work area.
- Locate the Small Parts Bags, packaged with the manuals. They are labeled to correspond with the assembly process.

STEP 1 Assemble the Table Bed

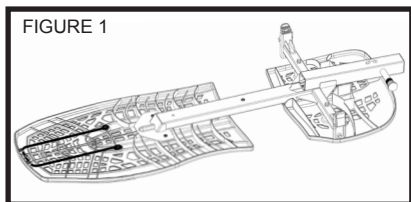


FIGURE 1

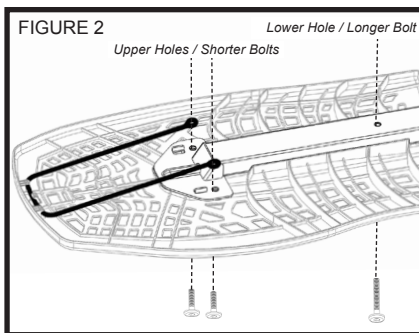


FIGURE 2

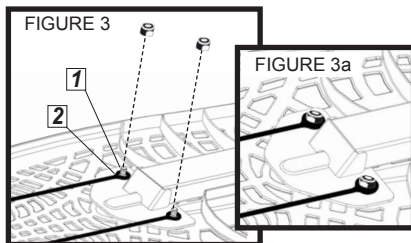


FIGURE 3

1 Bolt 2 Loop

NOTE: This assembly will be referred to as “Table Bed” for the remainder of the Assembly Instructions.

- Locate the following items to assemble the FitFlex™ Table Bed:

Table Bed Upper Portion with pre-assembled Bed Frame Extension

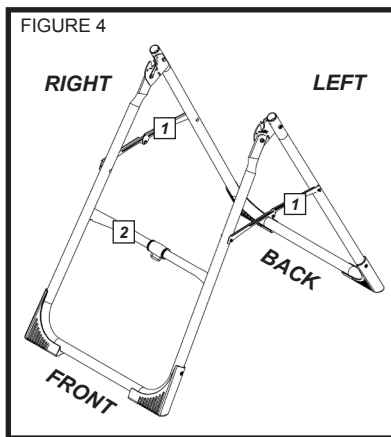
Table Bed Lower Portion with pre-assembled Bed Frame

Hardware: Table Bed Assembly Hardware Bag (3 Bolts & 3 Nuts)

Tools: 5mm Allen Wrench & 10/13mm Open-Ended Wrenches

- Lay the Upper and Lower Portions face down on the floor (Figure 1).
- Lift the pre-assembled Bed Frame Extension and slide the Lower Portion & Frame to seat it on top of the Upper Portion, aligning the bolt holes (Figure 2). Release the Bed Frame Extension so that it rests on top of the two upper holes.
- Reaching underneath, insert one of the shorter bolts through an upper hole in the Upper Portion and Bed Frame Extension Loop. Hand-tighten with a nut (Figure 3 & 3a).
- Repeat with remaining side.
- Reaching underneath, insert the longest bolt into the lower hole and hand-tighten with a nut.
- To fully tighten all three nuts to the bolts, insert the 5mm Allen Wrench into the Bolt heads and tighten the Nuts using the 10/13mm Wrench.

STEP ② Open the A-Frame



1 Spreader Arms 2 Crossbar

- On a level surface, position the A-Frame so that it is standing upright and the Stability Feet are on the ground.
- Gently push down on the Spreader Arms to ensure they are fully open and in the “locked” position (Figure 4).
- Look for these temporary labels on your A-Frame, designed to assist you with the remainder of the assembly process. You may choose to remove them after you assembled your inversion table.

RIGHT Indicates right side as you are using the inversion table, not facing it.

LEFT Indicates left side as you are using the inversion table, not facing it.

BACK Indicates the back of the A-Frame / fully assembled inversion table.

FRONT Indicates the front of the A-Frame / fully assembled inversion table.

STEP 3 Assemble the Roller Hinges to the Table Bed

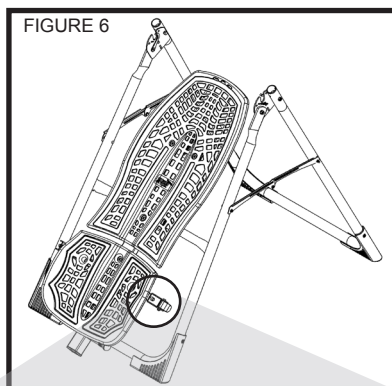


FIGURE 6

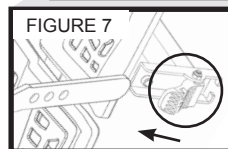


FIGURE 7

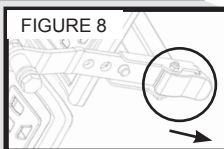


FIGURE 8

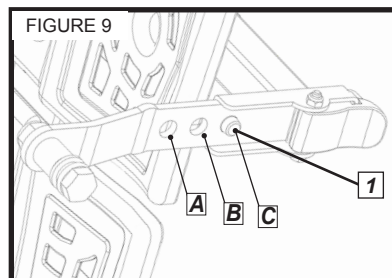
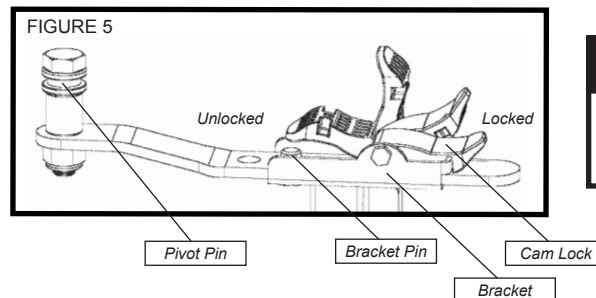


FIGURE 9

1 Bracket Pin

- Familiarize yourself with the terms detailed below in Figure 5.

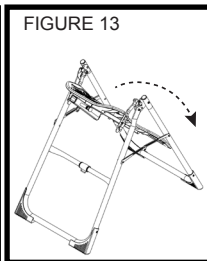
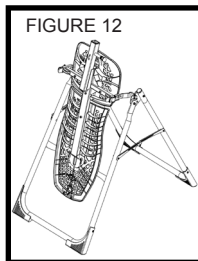
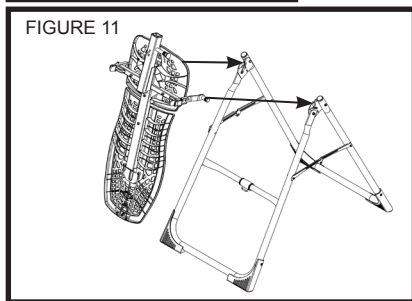
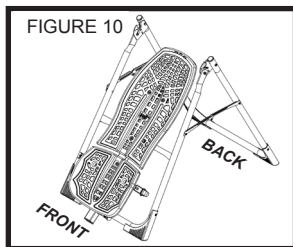


- For ease of assembly, rest the Table Bed against the Crossbar (Figure 6) at the front of the A-Frame.
- On one side of the Table Bed, lift the Cam Lock up all the way to unlock (Figure 7).
- In your other hand, hold one 3-Hole Roller Hinge at the Pivot Pin. With the Pivot Pin facing out (away from the Table Bed), slide the bottom of the Roller Hinge between the Cam Lock and the Bracket. **TIP:** Make sure that the Cam Lock is completely open when inserting the Roller Hinge, otherwise assembly will be more difficult.
- Engage one of the holes in the Roller Hinge over the Bracket Pin. Figure 9 shows the Roller Hinge installed correctly, with the Bracket Pin engaged in Setting C. **NOTE:** Refer to the Owner's Manual for an explanation of the hole settings. If you are unsure, use Setting C to start.
- Push down on the Cam Lock (Figure 8) to lock it and secure the Roller Hinge.
- Repeat on other side. Make sure the Roller Hinges are in the same hole setting on both sides.

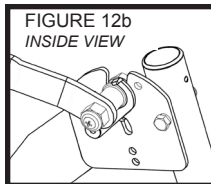
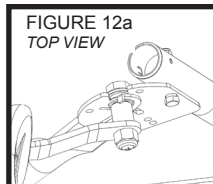
⚠ WARNING

NEVER disassemble the Roller Hinge Pivot Pin.

STEP 4 Attach the Table Bed to the A-Frame



- Face the front of the A-Frame where the Crossbar is located (refer to Figure 4 to determine A-Frame Front).
- Grasp both the Roller Hinges, right above the Cam Lock, and lift the Table Bed. Allow the top of the Table Bed to rotate toward the floor, so that the back of the Table Bed is now facing you and the top of the Table Bed is in front of the Crossbar (Figure 10).
- Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figure 11). The Self-Locking Hooks will open to allow the Pivot Pin into the Hinge Plate slot, then automatically snap closed over the Pivot Pin.
TIP: You may need to push outward on the Hinge Plate in order for the second Pivot Pin to lock in place.
- Make sure that each Pivot Pin is seated at the base of the slot in the Hinge Plates, and that the Self-Locking Hooks have closed over both Pivot Pins (Figures 12a & 12b).

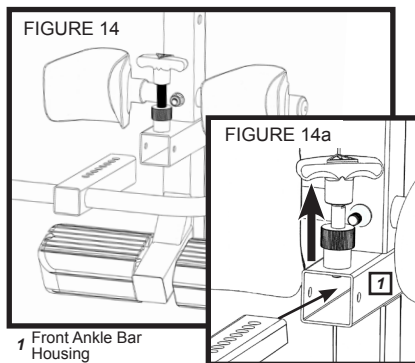


- Rotate the Table Bed into the use position (Figure 13). Ensure that it rotates smoothly.

⚠ WARNING

Failure of the Self-Locking Hooks to close over both Roller Hinge Pivot Pins is an indication of improper assembly and if not corrected could result in serious injury or death!

STEP 5 Front Ankle Bar Assembly (to the Main Shaft)

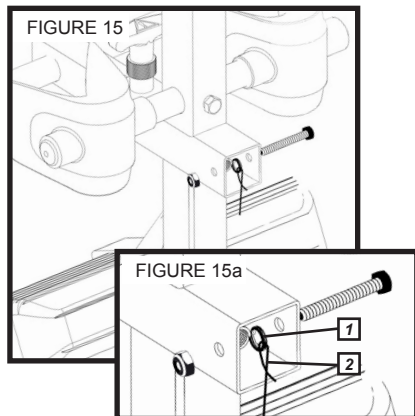


NOTE: Extending out from the Front Ankle Bar, you will see a temporary plastic zip-tie fastened to the loops of the Retainer Spring with Cable. This is provided to assist with the assembly process, detailed below.

- With hole settings of the Front Ankle Bar facing up, insert the temporary plastic zip-tie and Front Ankle Bar into the Front Ankle Bar housing (Figure 14) of the Main Shaft.
- Pull up on the T-Pin Lock to allow the Front Ankle Bar to insert all the way into the housing. Release the T-Pin to engage in the hole setting closest to the bar (Figure 14a).

Large Arrow: Pull up on the T-Pin.

Small Arrow: Insert the Front Ankle Bar into the Front Ankle Bar Housing.

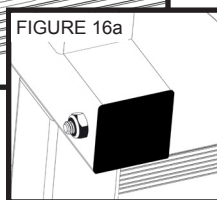
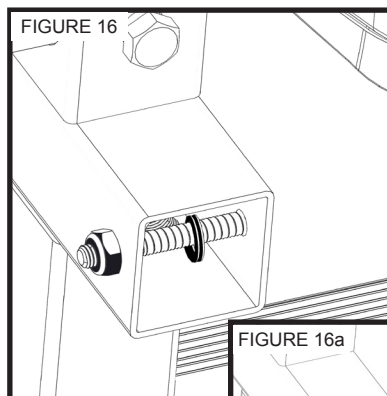


- Turn over the Main Shaft (Figure 15). From the back side of the Front Ankle Bar housing, pull the plastic zip-tie to stretch the Retainer Spring and Cable Loops so that they align with the bolt holes in the back of the Front Ankle Bar housing.
- Insert the Bolt through the hole in the outer side of the housing, through both the Retainer Spring and Cable Loops, and through the hole in the other side of the housing (Figure 15a).

⚠ WARNING

Failure to assemble the T-Pin Ankle Lock System properly could result in serious injury or death!

STEP 5 Front Ankle Bar Assembly (to the Main Shaft) CONTINUED



- Release your hold on the plastic zip-tie. Secure the Bolt with the Nut (Figure 16) using the 10/13mm Open-Ended Wrench provided.

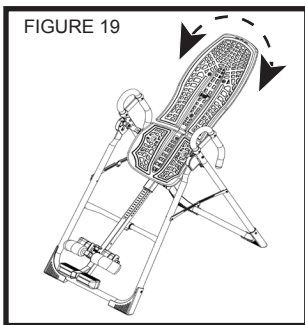
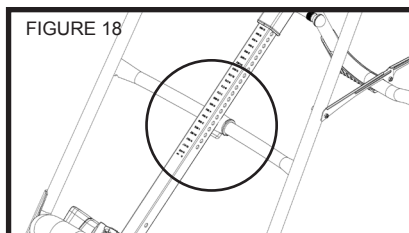
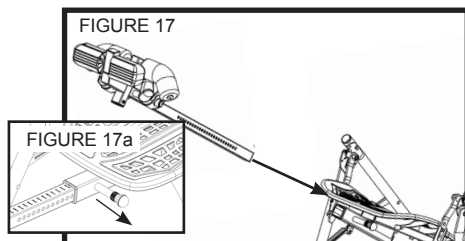
IMPORTANT: Cut the long segment of zip-tie off so that it will not interfere with the function of the Retainer Spring. Be careful not to damage the Retainer Spring with the Cable.

- Cover the open end with the End Cap (Figure 16a). You may need to use a rubber mallet to assist with securing the End Cap.

WARNING

Failure to assemble the T-Pin Ankle Lock System properly could result in serious injury or death!

STEP 6 Assemble the Main Shaft to the Table Bed



- Facing the front of the A-Frame, hold the Main Shaft in your left hand with the height markings facing up.
- Slide the end of the Main Shaft into the Main Shaft Housing (Figure 17), located at the base of the Table Bed.
- With your right hand, pull out the Height-Selector Locking Pin (Figure 17a) to allow the Main Shaft to slide in further and release in the desired height setting.
NOTE: Refer to the Owner's Manual for more information on selecting your height setting.
- The Main Shaft **MUST REST** against the Crossbar of the A-Frame (Figure 18).

IMPORTANT: The Crossbar prevents the Table Bed from rotating forward when the user steps on the Ankle Comfort Dial. If the Main Shaft does not rest on the Crossbar as shown in Figure 18, then the Table Bed has been assembled backwards onto the A-Frame. This **MUST BE CORRECTED** before use.

- Test the inversion table by hand for smooth and steady rotation (Figure 19) and ensure that all fasteners are secure.

MISASSEMBLY CHECK

⚠ WARNING

If your Teeter Hang Ups Inversion Table looks like either of these images, your inversion table has been misassembled and is unfit for use. Improper assembly could result in serious injury or death!

Image A

Go back to Step 3 for instruction

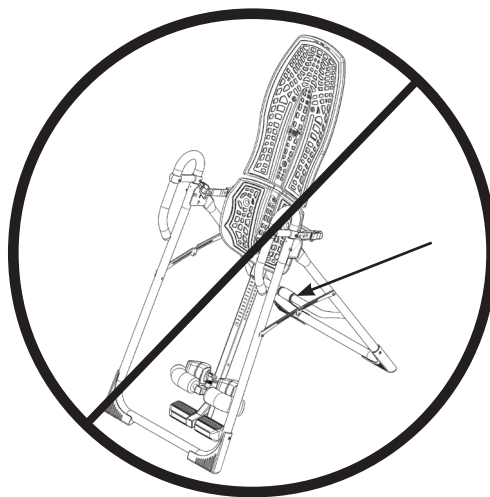
Demonstrates that the Roller Hinges have been assembled upside down into the Table Bed and must be corrected.



Image B

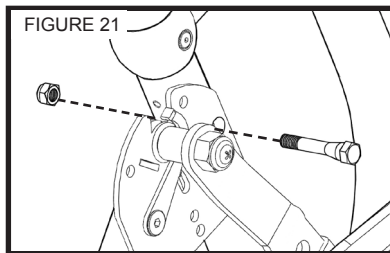
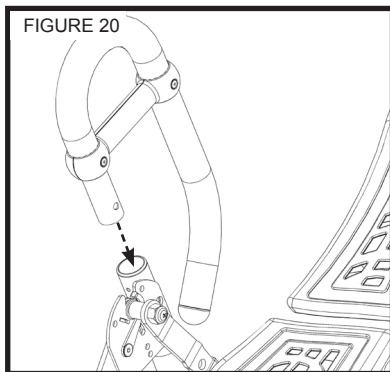
Go back to Step 4 for instruction.

Demonstrates that the Table Bed has been assembled into the A-Frame backwards so the Main Shaft is not resting on the Crossbar and must be corrected.



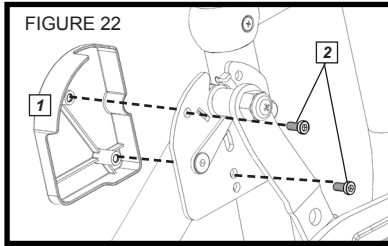
* Inversion Table images may vary slightly from your model.

STEP 7 Assemble the Handles to the A-Frame



- Insert the Left and Right handles into the A-Frame (Figure 20), so that the long part of the handles are parallel with the rear legs of the A-Frame.
- Insert the Bolt from the inside through the Hinge Plate into the Handle. Hand tighten with the nut on the outside of the Hinge Plate (Figure 21).
- Secure using the 10/13mm Open-Ended Wrenches provided, being careful not to overtighten.
- Repeat on the other side.

STEP 8 Assemble the Hinge Covers to the A-Frame

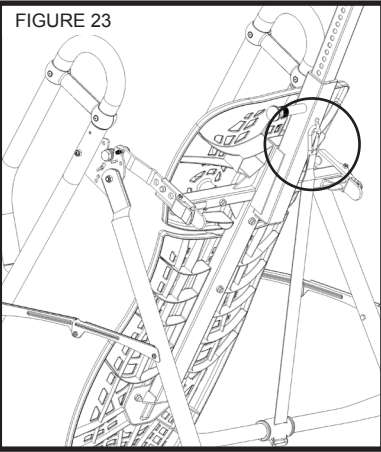


1 Hinge Cover 2 Allen Bolts

- Align the Left and Right Hinge Covers with the corresponding shape of the Hinge Plate on either side of the A-Frame (Figure 22).
- Insert two (2) Allen Bolts through the Hinge Plate into the Hinge Cover.
- Tighten with the Allen Wrench provided, being careful not to overtighten.
- Repeat on the other side.

STEP 9 Attach the Accessories

FIGURE 23



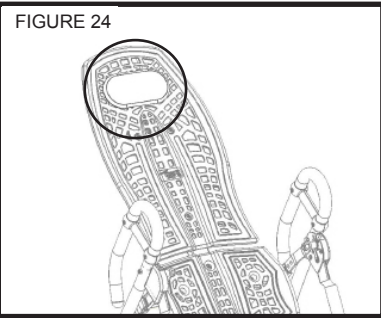
Assemble the Angle Tether (OPTIONAL)

- The Tether will come pre-assembled to the A-Frame.
- Unfold the adjustable Tether and clip it to the U-Bar on the underside of the Table Bed (Figure 23).

Attach the Head Pillow (OPTIONAL)

- Attach the Head Pillow by inserting the Velcro Straps through the holes in the Table Bed and securing the ends together (Figure 24). The position of the pillow can be adjusted depending on the user.

FIGURE 24



BEFORE INVERTING

FIGURE 25

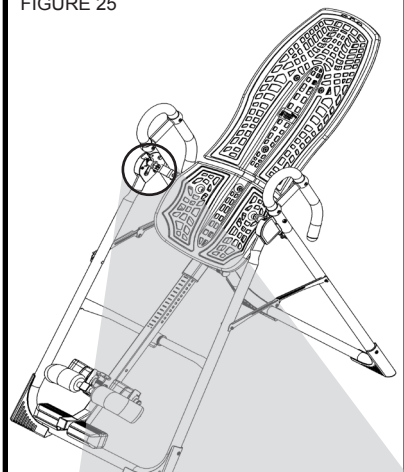
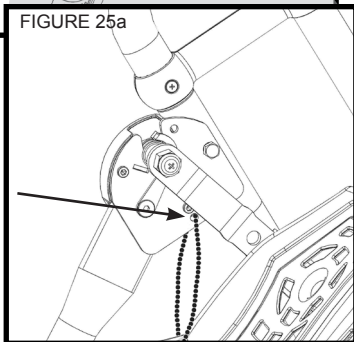


FIGURE 25a



Attach the Owner's Manual

The Owner's Manual contains important information on how to use your Teeter Hang Ups Inversion Table, including how to personalize the user settings, properly secure and release the Ankle Lock System, and test and adjust the rotation control.

- If not already attached, thread the provided metal chain through the pre-punched hole in the upper corner of the Owner's Manual.
- Secure the chain to the A-Frame through the designated hole in the Hinge Plate (Figure 25 & 25a). Allow the Owner's Manual to hang freely on the outside of the A-Frame Spreader Arms so it doesn't interfere with the rotation of the Table Bed.

IMPORTANT: *Once attached to the A-Frame, do not remove the Owner's Manual. It should remain permanently attached to your inversion table to serve as a reference for all users in regards to proper adjustment and use of the equipment.*

⚠ WARNING

Read the Owner's Manual thoroughly before using your Teeter Hang Ups Inversion Table. Improper settings could result in serious injury or death!

Register Your Product

- Please complete the warranty registration online at ***teeter-inversion.com***.

CONNECT WITH US!



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youtube.com/teetertv

If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

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www.teeter-inversion.com



This product is Listed by Underwriters Laboratories Inc. Representative samples of this product have been evaluated by UL and meet applicable safety standards.

Any modification to this device will void the UL Listing.



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